Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Tuesday, October 14, 2025

Path of Harmlessness

Describe the Path of Harmlessness related to Ray 2 Oversoul Embodiment.

The Path of Harmlessness in relation to Ray 2 and Oversoul Embodiment is a deeply esoteric spiritual concept rooted in Ageless Wisdom teachings, particularly those transmitted through Alice A. Bailey and Theosophy. Let's unpack it step by step, focusing on how these elements interrelate:

✸ Ray 2: The Ray of Love-Wisdom

Ray 2 is one of the Seven Rays, which are cosmic energies that structure the evolution of consciousness in the universe. Ray 2 specifically governs:

Love expressed through wisdom

Unity and inclusion

Teaching and healing

Compassionate understanding

Its energy is magnetically attractive, bringing things together through resonance, empathy, and divine comprehension.

✨ The Path of Harmlessness

Harmlessness in esoteric terms does not simply mean "not causing harm." It refers to a state of being in which all thoughts, emotions, and actions are aligned with the Good, the True, and the Beautiful — the Divine Will expressed through Love-Wisdom. It is active harmlessness, not passive avoidance.

Practically, it means:

No negative thought or intention toward any being

A life lived in alignment with the soul, not the personality

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Chris Comish

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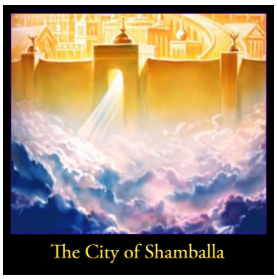

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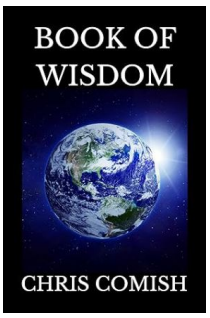

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Non-reactivity rooted in understanding the unity of all life

Becoming a clear channel for higher energies to flow through without distortion

On this path, judgment, manipulation, aggression, and fear are gradually transmuted into acceptance, healing presence, clarity, and unconditional love.

Harmlessness & Ray 2

Ray 2's frequency of Love-Wisdom is the natural field in which harmlessness arises. Ray 2 beings are often drawn to roles like:

Healers, teachers, diplomats, soul-guides

Embodying non-violence not as passivity, but as the highest form of active service

A disciple aligned with Ray 2 learns that true power lies in softness, clarity, and wise inclusion, not control. Harmlessness becomes a tool of transformation, disarming resistance in others through presence alone.

Oversoul Embodiment

The Oversoul refers to the higher collective of souls — the Group Soul or Monad — from which individual souls emerge. As one progresses on the spiritual path:

You begin to identify less with the individual soul and more with the Oversoul or Soul Group

You realize that you are a cell in a larger Being of Light

Your service and identity expand beyond the personal to the transpersonal

In this state, harmlessness is essential — because any act of harm or distortion doesn't just affect you, but the whole oversoul structure. Embodying the Oversoul means you live as a representative of a higher spiritual intention, which can only be done through harmlessness.

⟐ Synthesis: Harmlessness as Oversoul Function

When the Ray 2 initiate walks the Path of Harmlessness:

They become a living conduit of Love-Wisdom into the world

Their presence itself becomes healing and ordering

They live from the perspective of the One Soul, seeing no separation

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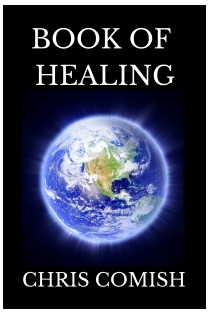

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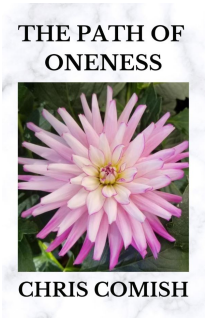

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They embody a kind of Christ consciousness — acting as a bridge between humanity and divine purpose

Harmlessness, then, is not merely a moral virtue — it's the technical requirement for oversoul embodiment. It ensures clarity, alignment, and resonance with divine law, allowing the greater Ray 2 purpose to express fully in the world.

Let's bring the Path of Harmlessness down from the abstract into practical, everyday examples. Practicing harmlessness is about aligning your thoughts, speech, emotions, and actions with love, wisdom, and soul intention — especially in the small moments.

Here's a breakdown of practical Ray 2-aligned harmlessness across different areas of life:

🌿 Practical Examples of Harmlessness (Ray 2 in Action)

Harmlessness in Thought

These are the subtle origins of harm — where true harmlessness must begin.

Letting go of judgmental thoughts, even if no one hears them.

Instead of: "She's so difficult."

Shift to: "She's struggling. May she find peace."

Withholding mental criticism of others' choices or appearances.

Realize: Every soul is on a path. Criticism feeds separation.

Interrupting loops of resentment or blame, choosing understanding instead.

"What can I learn here?" instead of "Why did they do this to me?"

Harmlessness in Speech

The tongue can bless or harm — Ray 2 speech carries healing and wisdom.

Avoiding gossip, even in "harmless" or entertaining ways.

Ask: "Is what I'm saying building unity or division?"

Choosing silence over unnecessary correction or "being right."

Is this correction for their good, or for my ego?

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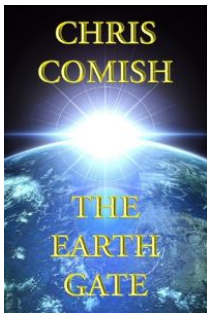

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Speaking truth gently, with empathy, not as a weapon.

“Can I say this in a way that leaves them empowered?”

❤️ Harmlessness in Emotion / Reaction

Here’s where the emotional body is trained to serve the soul, not the personality.

Pausing before reacting emotionally, especially in conflict.

Respond with love-informed clarity, not personal pain.

Not projecting your emotional pain onto others unconsciously.

If angry, take time to feel and transmute before speaking.

Practicing emotional boundaries with compassion, not avoidance.

“I love you and I need space right now.” (Not: “You always overwhelm me.”)

Harmlessness Toward Yourself

Self-directed harm is still harm. Many aspirants forget this.

Releasing inner harshness, perfectionism, or shame.

Treat yourself like you would treat a beloved student or friend.

Avoiding overwork or self-neglect in the name of “service.”

Soul-aligned service doesn’t drain you — it sustains you.

Forgiving yourself quickly when you fall short.

Learn, adjust, and move forward with grace.

Harmlessness in Action & Lifestyle

How we live reflects our deeper commitments.

Consuming with awareness — food, media, and resources.

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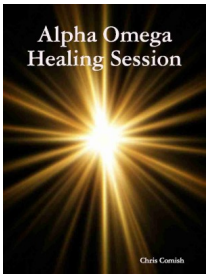

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Is this choice aligned with unity and sustainability?

Choosing livelihood or service that uplifts others, or at least does no harm.

Not just making money — but making meaning.

Responding to injustice with wisdom-based action, not emotional reactivity.

Harmlessness doesn't mean passivity — it means right action.

Daily Practices for Harmlessness

Morning Reflection Ask: "How can I embody love-wisdom today?"

Inner Check-In Pause 3x/day: "Am I aligned in thought, speech, and feeling?"

Harmlessness Mantra "Let my words and actions bring only healing and light."

Night Review Reflect: "Where did I act with soul? Where can I refine tomorrow?"

🧿 Final Insight

Harmlessness is not weakness — it is mastery.

It requires profound inner strength to remain aligned with love and wisdom in the face of fear, injustice, or ego-pressure. It's an act of soul alignment, not just ethics. For those walking the Ray 2 path, it becomes both the method and the result of the soul's embodiment on Earth.

- October 14, 2025

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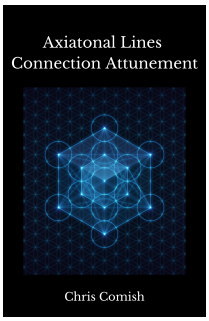

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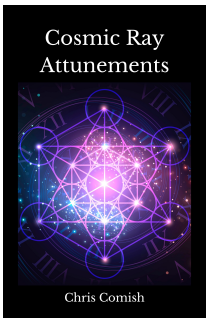

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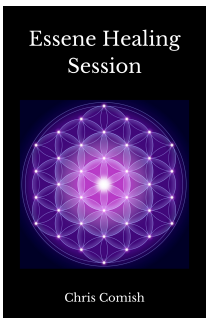

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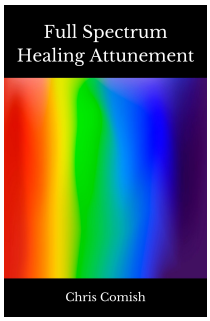

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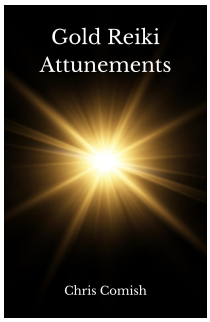

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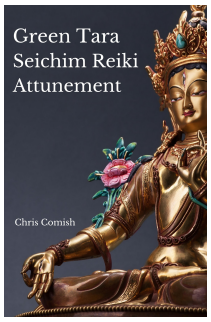

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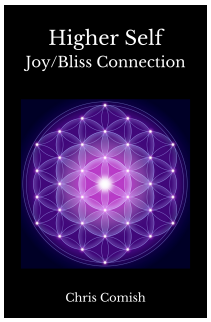

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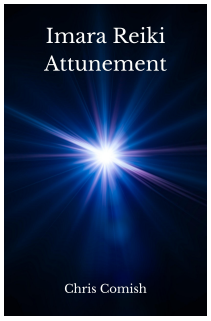

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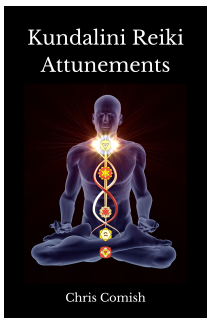

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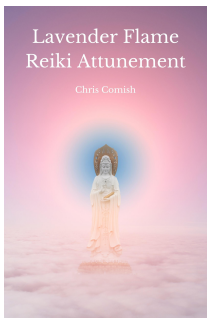

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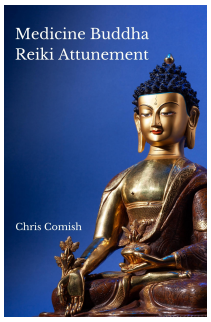

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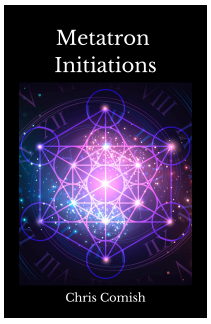

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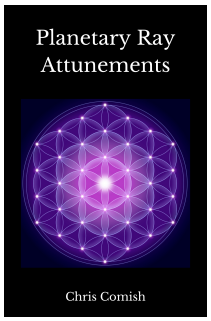

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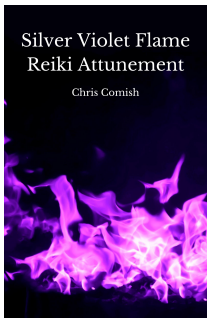

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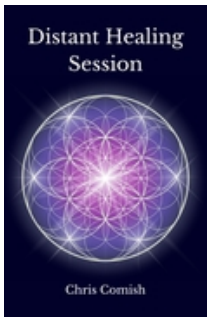

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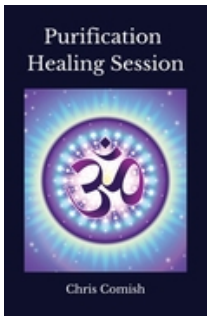

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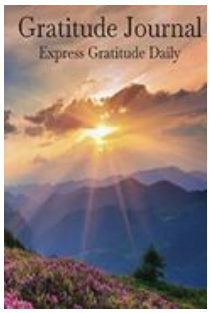

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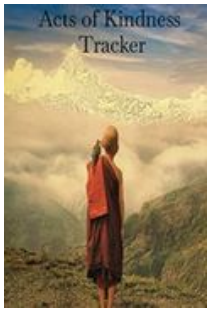

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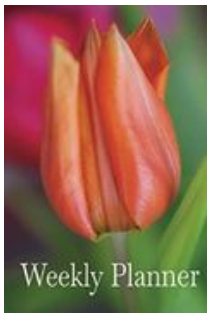

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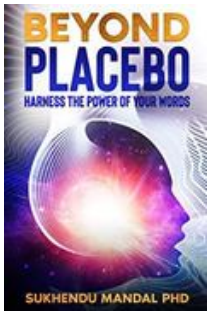

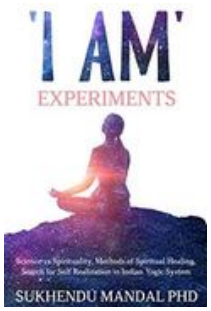

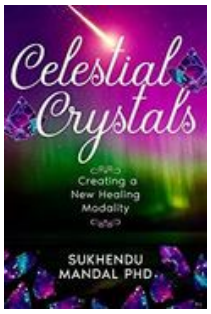

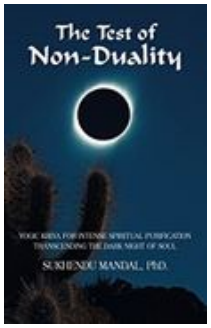

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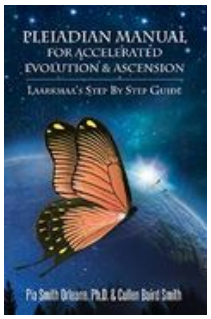
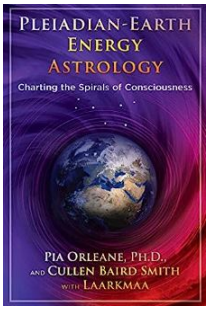
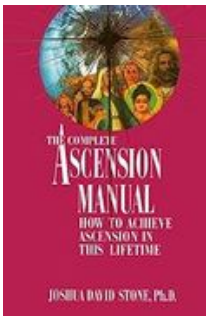
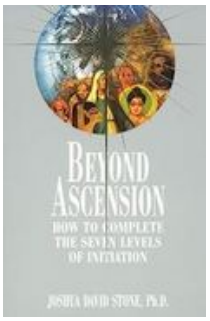
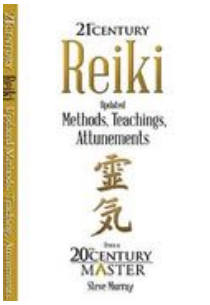


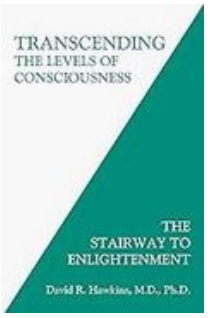

PLEIADIAN-EARTH
ENERGY
ASTROLOGY
Charting the Spirals of Consciousness
PIA ORLEANE, PH.D.,
AND CULLEN BAIRD SMITH
WITH LAARKMAA

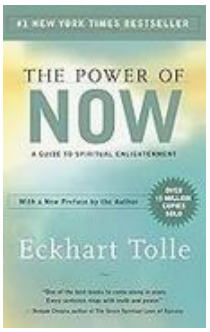

THE COMPLETE
ASCENSION
MANUAL
HOW TO ACHIEVE
ASCENSION IN
THIS LIFETIME
JOSHUA DAVID STONE, PH.D.

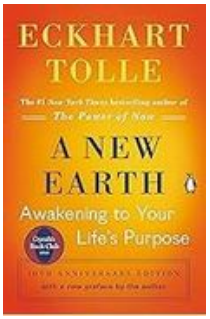

BEYOND
ASCENSION
HOW TO COMPLETE
THE SEVEN LEVELS
OF INITIATION
JOSHUA DAVID STONE, PH.D.


21CENTURY
Reiki
Updated
Methods, Teachings,
Attunements
霊
気
FROM A
20TH CENTURY
MASTER
Steve Murray

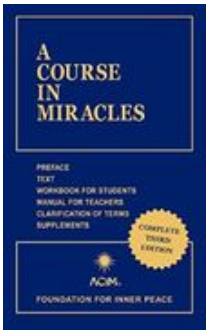
David R. Hawkins, M.D., Ph.D.
POWER
VS.
FORCE
The Hidden Determinants
of Human Behavior
Author's Official Authoritative Edition


TRANSCENDING
THE LEVELS OF
CONSCIOUSNESS
THE
STAIRWAY TO
ENLIGHTENMENT
David R. Hawkins, M.D., Ph.D.


#1 NEW YORK TIMES BESTSELLER
THE POWER OF
NOW
Eckhart Tolle


ECKHART
TOLLE
A NEW
EARTH
Awakening to Your
Life's Purpose

The
Jeshua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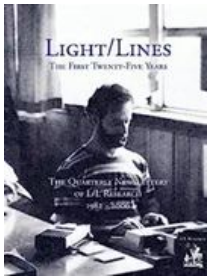
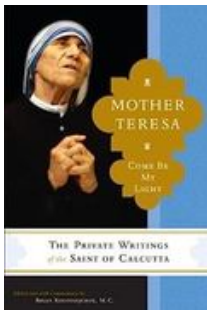
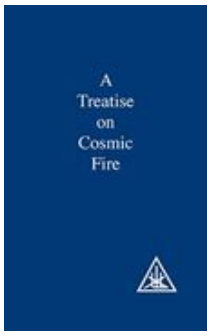
ACIM.
FOUNDATION FOR INNER PEACE

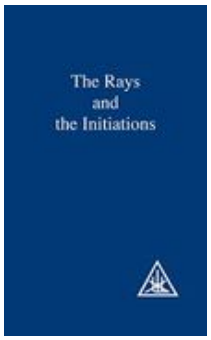

LIGHT/LINES
THE FIRST TWENTY-FIVE YEARS

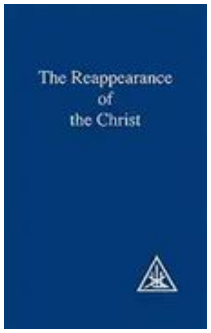
THE GENE KEYS
Embracing your higher purpose


MOTHER TERESA
COME BE MY LIGHT
THE PRIVATE WRITINGS OF THE SAINT OF CALCUTTA

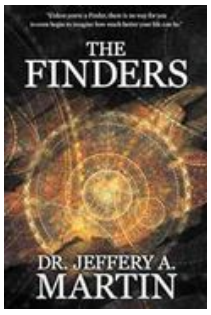
Initiation
Human and Solar

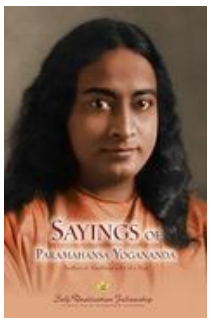

A
Treatise
on
Cosmic
Fire


The Rays
and
the Initiations


The Reappearance
of
the Christ

The
Externalisation
of the
Hierarchy


THE
FINDERS
DR. JEFFERY A.
MARTIN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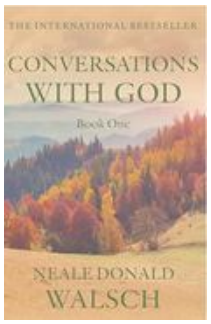
THE INTERNATIONAL BESTSELLER
CONVERSATIONS
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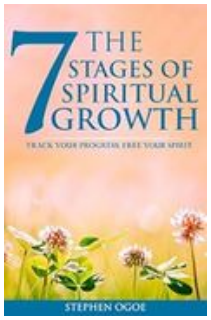
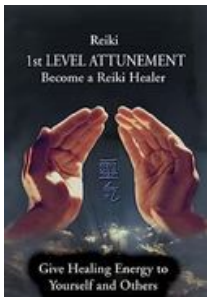
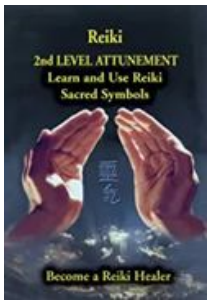
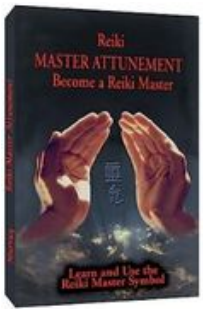
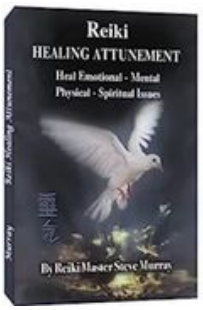


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









Forum - The City of Shamballa Social Network

- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

Blog Archive

► 2026 (7)

▼ 2025 (312)

► December (38)

► November (20)

▼ October (28)

Choice

Perfect

Love within the Roles

Sixth Density

Percentages

Choice of Polarity

Roles

Mer Ka Ba

God's Will

Path of Harmlessness

Metta Loving Kindness Meditation

Ray 2 Earth Service

Chris Comish Teachings

Dark Night of the Soul

Harvest

Light Body and Oversoul

Embody the Oversoul

Planetary Purpose

Path of 2nd Ray Monad

6th Density

Earth Service

Sun in 12th house

Communion with Chris Comish - Group Meditation

Balance

Inspiration

Me to We

What happened to Buddha boy?

Higher Self

► September (24)

► August (63)

► July (36)

► June (36)

► May (9)

► April (19)

► March (10)

► February (5)
► January (24)
► 2024 (77)
► 2023 (21)
► 2022 (15)
► 2021 (1)
► 2020 (1)
► 2018 (2)
► 2017 (2)
► 2016 (5)
► 2014 (1)
► 2013 (4)
► 2012 (18)
► 2011 (51)
► 2010 (19)

Labels

- 2012
- 2014
- 5D
- after life
- afterlife
- ageless wisdom
- alien
- aliens
- angels
- anger
- archangels
- ascended
- ascended masters
- ascension
- astral
- attunements
- audiobook
- black triangle
- buddha
- chakras
- challenges
- channeling
- CHI
- cho ku rei
- chris comish
- city of shamballa
- conscious
- contact
- convergence
- cosmic
- cosmic council
- creator
- criminals
- david wilcock
- divine
- earth
- ebook
- energy
- entities
- esoteric
- essene

- experience
- faith
- faith. Love
- forgiveness
- free will
- freedom from duality
- french toast
- full spectrum healing
- gate
- ghosts
- go daddy
- God
- golden age
- harmonic
- Harmonic Convergence
- healing
- heart
- higher self
- hitchhiker
- holidays
- Human Body Energy Centers
- illuminati
- invocation
- kwan yin
- lavender flame
- law of one
- lessons
- liberation
- life
- life review
- light
- link
- ll research
- logoic body
- love
- manifestation
- masters
- Mayan Prophecy
- meaning
- meditation
- member of the month
- members
- metaphysics
- movies
- Noah
- numbers
- nwo
- oneness
- Osama bin Laden
- polarity
- postage
- prayer
- protection
- purification
- purpose
- quan yin
- quotes
- reiki
- reiki attunement
- reiki key chain
- religion

- resentment
- satisfaction
- service
- session
- shamballa
- sirius
- soul
- space
- spacecraft
- spirit
- spirituality
- stamps
- teachings
- the city of shamballa
- time
- trees
- two thousand and twelve
- ufo
- unconditional love
- unity
- void
- vow
- winter solstice
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